

# Eat Move Sleep Challenge

May 2 - May 27, 2016

1

**Eat a serving  
of vegetables**

1 point per serving/  
max 3 points daily



2

**Eat a serving  
of fruit**

1 point per serving/  
max 2 points daily



3

**Eat a serving of  
whole grains**

1 point per serving/  
max 2 points daily



4

**Exercise 30  
minutes or more**



5

**Sleep at least 7  
hours per night**



## EAT MOVE SLEEP

- 4 week challenge focused on nutrition, physical activity, and adequate rest.

## How to Participate

- Login to [www.KansasHealthQuest.com](http://www.KansasHealthQuest.com).
- Record your points each day on the portal or using the paper tracking form.
- Enter all points online by June 3.
- 5 HealthQuest Credits will be awarded when you reach 160 total points.

## Learn more at

[www.KansasHealthQuest.com](http://www.KansasHealthQuest.com)

- When logging points on the portal, click to be entered into a drawing for a copy of Eat Move Sleep.

If you have a medical condition or physical limitations, take daily prescribed medicines, are pregnant or are over the age of 65, you should consult your health care provider prior to beginning any of our programs. While these programs will be helpful for most people, they may not be optimal for everyone. If in doubt, consult with your health care team.

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**Exercise 30 minutes or more**

5

**Sleep at least 7 hours per night**

Sun	Mon	Tues	Wed	Thurs	Fri	Sat	Total
	<b>2</b> <input type="checkbox"/> Veggies <input type="checkbox"/> Grains <input type="checkbox"/> Veggies <input type="checkbox"/> Grains <input type="checkbox"/> Veggies <input type="checkbox"/> Exercise <input type="checkbox"/> Fruit <input type="checkbox"/> Sleep <input type="checkbox"/> Fruit	<b>3</b> <input type="checkbox"/> Veggies <input type="checkbox"/> Grains <input type="checkbox"/> Veggies <input type="checkbox"/> Grains <input type="checkbox"/> Veggies <input type="checkbox"/> Exercise <input type="checkbox"/> Fruit <input type="checkbox"/> Sleep <input type="checkbox"/> Fruit	<b>4</b> <input type="checkbox"/> Veggies <input type="checkbox"/> Grains <input type="checkbox"/> Veggies <input type="checkbox"/> Grains <input type="checkbox"/> Veggies <input type="checkbox"/> Exercise <input type="checkbox"/> Fruit <input type="checkbox"/> Sleep <input type="checkbox"/> Fruit	<b>5</b> <input type="checkbox"/> Veggies <input type="checkbox"/> Grains <input type="checkbox"/> Veggies <input type="checkbox"/> Grains <input type="checkbox"/> Veggies <input type="checkbox"/> Exercise <input type="checkbox"/> Fruit <input type="checkbox"/> Sleep <input type="checkbox"/> Fruit	<b>6</b> <input type="checkbox"/> Veggies <input type="checkbox"/> Grains <input type="checkbox"/> Veggies <input type="checkbox"/> Grains <input type="checkbox"/> Veggies <input type="checkbox"/> Exercise <input type="checkbox"/> Fruit <input type="checkbox"/> Sleep <input type="checkbox"/> Fruit	<b>7</b> <input type="checkbox"/> Veggies <input type="checkbox"/> Grains <input type="checkbox"/> Veggies <input type="checkbox"/> Grains <input type="checkbox"/> Veggies <input type="checkbox"/> Exercise <input type="checkbox"/> Fruit <input type="checkbox"/> Sleep <input type="checkbox"/> Fruit	
<b>8</b> <input type="checkbox"/> Veggies <input type="checkbox"/> Grains <input type="checkbox"/> Veggies <input type="checkbox"/> Grains <input type="checkbox"/> Veggies <input type="checkbox"/> Exercise <input type="checkbox"/> Fruit <input type="checkbox"/> Sleep <input type="checkbox"/> Fruit	<b>9</b> <input type="checkbox"/> Veggies <input type="checkbox"/> Grains <input type="checkbox"/> Veggies <input type="checkbox"/> Grains <input type="checkbox"/> Veggies <input type="checkbox"/> Exercise <input type="checkbox"/> Fruit <input type="checkbox"/> Sleep <input type="checkbox"/> Fruit	<b>10</b> <input type="checkbox"/> Veggies <input type="checkbox"/> Grains <input type="checkbox"/> Veggies <input type="checkbox"/> Grains <input type="checkbox"/> Veggies <input type="checkbox"/> Exercise <input type="checkbox"/> Fruit <input type="checkbox"/> Sleep <input type="checkbox"/> Fruit	<b>11</b> <input type="checkbox"/> Veggies <input type="checkbox"/> Grains <input type="checkbox"/> Veggies <input type="checkbox"/> Grains <input type="checkbox"/> Veggies <input type="checkbox"/> Exercise <input type="checkbox"/> Fruit <input type="checkbox"/> Sleep <input type="checkbox"/> Fruit	<b>12</b> <input type="checkbox"/> Veggies <input type="checkbox"/> Grains <input type="checkbox"/> Veggies <input type="checkbox"/> Grains <input type="checkbox"/> Veggies <input type="checkbox"/> Exercise <input type="checkbox"/> Fruit <input type="checkbox"/> Sleep <input type="checkbox"/> Fruit	<b>13</b> <input type="checkbox"/> Veggies <input type="checkbox"/> Grains <input type="checkbox"/> Veggies <input type="checkbox"/> Grains <input type="checkbox"/> Veggies <input type="checkbox"/> Exercise <input type="checkbox"/> Fruit <input type="checkbox"/> Sleep <input type="checkbox"/> Fruit	<b>14</b> <input type="checkbox"/> Veggies <input type="checkbox"/> Grains <input type="checkbox"/> Veggies <input type="checkbox"/> Grains <input type="checkbox"/> Veggies <input type="checkbox"/> Exercise <input type="checkbox"/> Fruit <input type="checkbox"/> Sleep <input type="checkbox"/> Fruit	
<b>15</b> <input type="checkbox"/> Veggies <input type="checkbox"/> Grains <input type="checkbox"/> Veggies <input type="checkbox"/> Grains <input type="checkbox"/> Veggies <input type="checkbox"/> Exercise <input type="checkbox"/> Fruit <input type="checkbox"/> Sleep <input type="checkbox"/> Fruit	<b>16</b> <input type="checkbox"/> Veggies <input type="checkbox"/> Grains <input type="checkbox"/> Veggies <input type="checkbox"/> Grains <input type="checkbox"/> Veggies <input type="checkbox"/> Exercise <input type="checkbox"/> Fruit <input type="checkbox"/> Sleep <input type="checkbox"/> Fruit	<b>17</b> <input type="checkbox"/> Veggies <input type="checkbox"/> Grains <input type="checkbox"/> Veggies <input type="checkbox"/> Grains <input type="checkbox"/> Veggies <input type="checkbox"/> Exercise <input type="checkbox"/> Fruit <input type="checkbox"/> Sleep <input type="checkbox"/> Fruit	<b>18</b> <input type="checkbox"/> Veggies <input type="checkbox"/> Grains <input type="checkbox"/> Veggies <input type="checkbox"/> Grains <input type="checkbox"/> Veggies <input type="checkbox"/> Exercise <input type="checkbox"/> Fruit <input type="checkbox"/> Sleep <input type="checkbox"/> Fruit	<b>19</b> <input type="checkbox"/> Veggies <input type="checkbox"/> Grains <input type="checkbox"/> Veggies <input type="checkbox"/> Grains <input type="checkbox"/> Veggies <input type="checkbox"/> Exercise <input type="checkbox"/> Fruit <input type="checkbox"/> Sleep <input type="checkbox"/> Fruit	<b>20</b> <input type="checkbox"/> Veggies <input type="checkbox"/> Grains <input type="checkbox"/> Veggies <input type="checkbox"/> Grains <input type="checkbox"/> Veggies <input type="checkbox"/> Exercise <input type="checkbox"/> Fruit <input type="checkbox"/> Sleep <input type="checkbox"/> Fruit	<b>21</b> <input type="checkbox"/> Veggies <input type="checkbox"/> Grains <input type="checkbox"/> Veggies <input type="checkbox"/> Grains <input type="checkbox"/> Veggies <input type="checkbox"/> Exercise <input type="checkbox"/> Fruit <input type="checkbox"/> Sleep <input type="checkbox"/> Fruit	
<b>22</b> <input type="checkbox"/> Veggies <input type="checkbox"/> Grains <input type="checkbox"/> Veggies <input type="checkbox"/> Grains <input type="checkbox"/> Veggies <input type="checkbox"/> Exercise <input type="checkbox"/> Fruit <input type="checkbox"/> Sleep <input type="checkbox"/> Fruit	<b>23</b> <input type="checkbox"/> Veggies <input type="checkbox"/> Grains <input type="checkbox"/> Veggies <input type="checkbox"/> Grains <input type="checkbox"/> Veggies <input type="checkbox"/> Exercise <input type="checkbox"/> Fruit <input type="checkbox"/> Sleep <input type="checkbox"/> Fruit	<b>24</b> <input type="checkbox"/> Veggies <input type="checkbox"/> Grains <input type="checkbox"/> Veggies <input type="checkbox"/> Grains <input type="checkbox"/> Veggies <input type="checkbox"/> Exercise <input type="checkbox"/> Fruit <input type="checkbox"/> Sleep <input type="checkbox"/> Fruit	<b>25</b> <input type="checkbox"/> Veggies <input type="checkbox"/> Grains <input type="checkbox"/> Veggies <input type="checkbox"/> Grains <input type="checkbox"/> Veggies <input type="checkbox"/> Exercise <input type="checkbox"/> Fruit <input type="checkbox"/> Sleep <input type="checkbox"/> Fruit	<b>26</b> <input type="checkbox"/> Veggies <input type="checkbox"/> Grains <input type="checkbox"/> Veggies <input type="checkbox"/> Grains <input type="checkbox"/> Veggies <input type="checkbox"/> Exercise <input type="checkbox"/> Fruit <input type="checkbox"/> Sleep <input type="checkbox"/> Fruit	<b>27</b> <input type="checkbox"/> Veggies <input type="checkbox"/> Grains <input type="checkbox"/> Veggies <input type="checkbox"/> Grains <input type="checkbox"/> Veggies <input type="checkbox"/> Exercise <input type="checkbox"/> Fruit <input type="checkbox"/> Sleep <input type="checkbox"/> Fruit		

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